







**January 2013**

Mon	Tue	Wed	Thu	Fri
	1 HCC  Closed  New Year's Day!!!!	2 ASEC 10:00***New Wellness Program***  11:30 Your Choice  1:00 Recovery Discussion- Being Open Minded	3 ASEC 10:00 Thinking for A Change  11:30 Your Choice  1:00 Recovery Discussion-Being Afraid of Yourself	4
7 ASEC 10:00 Recovery Discussion-Stress  12:00- Speechcraft-How to Share Your Recovery Story  1:15 Your Choice	8 HCC   6:30 Recovery Discussion – Fear of Being Clean	9 ASEC 10:00***New Wellness Program***  11:30 Your Choice  1:00 Recovery Discussion-Grief	10 ASEC 10:00 Recovery Discussion-Open Forum  11:30 Meditation  1:00 Women Only Discussion/ Men Only Discussion	11 
14 ASEC 10:00 Recovery Discussion-Holding People Hostage in Recovery 12:00-Speechcraft-How to Share Your Recovery Story 1:15 Recovery Planning	15 HCC  6:30 Recovery Discussion-How To Accept Ourselves for Who We Are	16 ASEC 10:00***New Wellness Program***  11:30 Your Choice  1:00 Recovery Discussion-How to Accept People for Who They Are	17 ASEC 10:00 Thinking for A Change  11:30 Your Choice  1:00 How to Quit Smoking For Good!!	18 
21 ASEC  Closed  Martin Luther King's Birthday	22 HCC   6:30 Recovery Discussion-Humility	23 ASEC 10:00***New Wellness Program***  11:30 Your Choice  1:00 Recovery Discussion-Managing Our Lives With the Resources We Have	24 ASEC 10:00-***New Program*** Steps to Success  11:30 General Meeting for Participants and Volunteers  1:00 Women Only Discussion /Men Only Discussion	25
28 ASEC 10:00 Recovery Discussion-Putting Other People in Front of Your Recovery 11:15 Your Choice 12:00- Speechcraft-How to Share Your Recovery Story 1:15 Recovery Planning	29 HCC  6:30 Recovery Discussion-Relapse Signals	30 ASEC 10:00***New Wellness Program*** Topic Financial Wellness  11:30 Your Choice  1:00 Recovery Discussion-Relationships in Early Recovery	31 ASEC 10:00- Recovery Discussion-Resentments  12:00- Movie Afternoon	

\*\*\*ASEC-All Saints Episcopal Church, 106 W. Church Street, Frederick, MD 21701 (See map on opposite side)

\*\*\*HCC-Hillcrest Community Center, 1150 Orchard Terrace Frederick, MD 21703

See opposite side for more details.

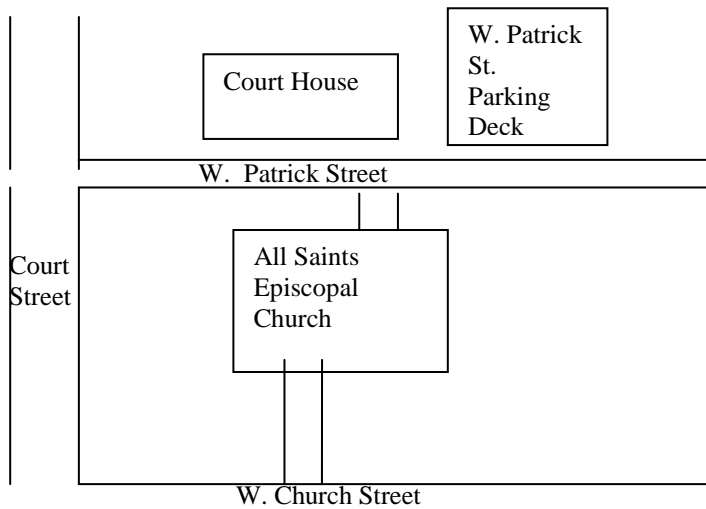


## CORE Recovery Community Center

All of those in recovery from alcohol and drug addiction and mental illness are welcome to participate in the following services and more:

- **Recovery Discussions-**Participate in peer led discussion groups around relevant recovery issues to help you deal with everyday life.
- **Recovery Planning-** Develop your step by step plan for your recovery in a group setting.
- **Your Choice-** Choose a fun activity of your choice to include playing board games, making jewelry, assembling puzzles, and more.
- **Thinking for Change-**Learn how to think differently to restructure your social and problem solving skills that will make a positive difference in your life.
- **Speechcraft-**Learn the basics of speech making as well learn how to effectively share your recovery story.
- **New Wellness Program-**Earn incentives by participating in CORE's wellness program. This program will educate you on relevant health issues, teach you the latest exercise moves and guide you through breathing and relaxation exercises that can help you to manage daily stress.
- **Smoking Cessation-**Learn how you can get started in learning how to quit smoking for good.
- **Women Only Discussion/Men Only Discussion-** Recovery discussions relevant to women or men's issues.
- **General Meeting-**This monthly meeting is open to all recovery community center participants and volunteers to learn about upcoming activities and ways to get more involved at the center.
- **Steps to Success-**Informational session on a job readiness program that will teach you the steps to gain employment.

Map (All Saints Episcopal Church)



*For more information please feel free to contact any of the CORE staff below:*

**Katherine Shriver, 240-285-5366**

**Jody Julian, 240-405-9471**

**Jodi Willems, 240-405-9393**